



# **PHYSICAL EDUCATION POLICY**

# **Physical Education Policy for St Mary's C.E. School**

**Approved by Curriculum and Standards Committee:  
Date of next Review:**

**Autumn 2016  
Autumn 2019**

# **Physical Education Policy**

## **1 Introduction**

Physical Education (PE) is a foundation subject within the National Curriculum. This policy outlines the purpose, nature and management of the PE programme taught in our school. It reflects the consensus views of all of the staff and has been approved by the Governing Body. The implementation of this policy is the responsibility of all staff for it reflects the entitlement our children have to a soundly planned curriculum.

## **2 Policy Statement**

The school believes that PE, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. A broad and balanced PE curriculum is intended to give pupils increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.

Progressive learning objectives, combined with sympathetic and varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils. Through selection and logically developed tasks, it is intended that pupils, irrespective of their innate ability, will enjoy success and be motivated to further develop their individual potential.

A balance of individual, paired and group activities – co-operative, collaborative and competitive situations – aim to cater for the preferences, strengths and needs of every pupil. Such activities, experienced within a range of areas of activity, aim to promote a broad base of movement knowledge, skills and understanding. They also develop a pupil's ability to work independently and to respond appropriately and sympathetically to others, irrespective of their age, gender, disability, cultural or ethnic background.

Pupils are encouraged to appreciate the importance of a healthy and fit body, and begin to understand those factors that affect health and fitness. This work is closely aligned with the school's policy on health education.

Whilst retaining its unique contribution to a pupil's movement education, PE also has considerable potential to contribute to much wider areas of learning. It is considered important that PE is integrated into the whole school's planning for the development of pupils' communication, numeracy, PSHCE and ICT skills.

## **3 Curricular Aims**

- ▶ To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing)
- ▶ To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying).
- ▶ To improve observational skills and the ability to describe and make simple judgements on their own and others' work, and to use their observations and judgements to improve performance (improving and evaluating).

- ▶ To develop an understanding of the effects of exercise on the body and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health).
- ▶ To develop the ability to work independently and communicate with and respond positively towards others (working alone and with others).
- ▶ To promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well-being (applying safety principles).

#### **4 The Role of the PE Co-ordinator**

- a) The PE Co-ordinator will direct the PE programme and the out of school hours sporting activities.
- b) The PE Co-ordinator will also act as the Primary Link Teacher in the School Sports Co-ordinators Programme and will disseminate any information received from this programme for their school.
- c) The PE Co-ordinator will receive an annual budget to cover the cost of equipment, transport and entries to events and competitions. He/she will be responsible for producing a budget proposal and for monitoring the budget each year.

#### **5 Staffing**

It should be the responsibility of all classroom teachers to deliver the PE curriculum following the guidelines set out by the PE Co-ordinator. The classroom teachers should also be responsible for monitoring the progress of the children in their class and reporting this on an annual basis.

#### **6 Entitlement**

The school provision for PE is in line with the Standing Order for Physical Education within the National Curriculum. In Reception daily physical activities are undertaken through the physical development section of the Early Years Foundation Stage profile. The following specific programmes of study must be taught during both Key Stages 1 and 2:

- Dance
- Games
- Gymnastics

And one possibly two (depending on year group) activity areas must be taught from:

- Athletic activities
- Outdoor and adventurous activities
- Swimming activities and water safety.

Schemes of Work will determine the focus of each activity area. The Scheme of Work will comprise of:

- a long term overview plan, which presents the curriculum in an outline form,
- a curriculum map which shows the progression through each key stage, representing medium term plans,
- units of work which detail short term planning on a day to day basis. These show learning objectives and outcomes and help teachers to assess pupils' progress in the activity. Planned objectives should be linked to teachers' expectations of the majority of pupils and linked to the attainment targets for PE.

It is the aspiration of the school to provide two hours of high quality physical activity for each pupil. This is offered through the daily timetable and the activities available out of school hours. Each pupil will receive at least 120 minutes of PE per week during school hours. This time includes changing time.

Lessons will be planned by the class teacher in line with the Schemes of Work provided by the PE Co-ordinator.

- a) The safety of the pupils is of paramount importance.
- b) The learning objective will be discussed before the lesson begins.
- c) An appropriate warm-up will be conducted to raise the body temperature, improve cardio-vascular energy, to stretch muscles and to mobilise joints.
- d) There should be a balance of activities that will include individual, paired and group work. Activities will be progressive and differentiated where necessary.
- e) Demonstrations will be used to amplify learning and develop understanding.
- f) Opportunities will be provided for pupils to plan and evaluate their own and, when appropriate, other pupils' work.
- g) From time to time, pupils will be given the opportunity to discuss what they have done, the progress they are making and what they need to do to improve their performance.
- h) Lessons should conclude with a cool down and quiet reflection to ensure that pupils leave calmly and quietly.

## **7 Assessment and Recording**

- Teacher assessment will be conducted at the end of each unit of work. They should be ongoing throughout the school year and feed into the end of year and end of key stage reports.
- Assessments should be based on the National Curriculum level descriptors.
- The Early Years Foundation Stage Profile for Physical Development will be updated termly.

### Continuity and Progress

- The PE Co-ordinator will monitor the curriculum mapping for PE across the school year and monitor the effectiveness of the programme on an annual basis.
- A PE review will take place on an annual basis with staff involved in teaching the subject evaluating progress, strengths and weaknesses so as to assist in the planning for future years.
- The findings from this review should feed into the PE Action Plan and the School Development Plan as appropriate.

## **8 Inclusion**

In all planning and teaching, it is the aim of the school to develop an inclusive curriculum through:

- setting suitable learning challenges
- responding to the diverse needs of our pupils
- helping individuals to overcome barriers to learning.

## Equal Opportunities

In PE lessons, staff will not assume that interests and skills in this area of the curriculum are predetermined by ethnic background or by gender and will not permit themselves or their pupils to be influenced by stereotypical behaviour.

Our pupils will have equal opportunities to develop qualities and skills relating to co-operation and sensitivity, fair play and respect, the acceptance of decisions and rules and the handling of success and failure with dignity. All our pupils will have equal access to the component parts of the PE programme.

St Mary's CE School is committed to valuing diversity and to equality of opportunity. We aim to create and promote an environment in which pupils, parents and staff are treated fairly and with respect, and feel able to contribute to the best of their abilities.

The Governing Body recognises that it is unlawful to take into account anyone's gender, marital status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age or sexual orientation. Full consideration has been given to this during the formulation of this policy as it is the governors' aim that no-one at St Mary's school should suffer discrimination, either directly or indirectly, or harassment on any of these grounds.

## **9 Safe Practice and Risk Assessment**

The school's Health & Safety Policy outlines the safe codes of practice for our school and provides the necessary guidance on the response and the reporting of all incidents. Additional reference may be made to the following documents specifically relating to PE which are available in the staff room:

*'Guidance on First Aid in Schools'* 1998, published by DfEE  
*'Safe Practice in Physical Education'* 2000, Millennium Edition published by BAALPE

### Safe Practice

- a) All accidents should be reported in the school's accident record book which is held in the medical room.
- b) When involved in physical activity, pupils are expected, and should be reminded, to behave in a responsible and considerate manner.
- c) Health and Safety is an integral part of a child's learning and therefore during PE lessons pupils should be encouraged to discuss safety implications for themselves and others.
- d) All pupils will be taught to lift, carry and set out apparatus in accordance with the agreed policy.
- e) All pupils will be taught appropriate procedures regarding their behaviour in all the different environments used for PE – hall, swimming pool, playing field and travelling to and from activities away from the school site.
- f) All pupils must be supervised throughout their PE lessons. This includes staff supervision whilst changing, travelling to and from the location of the activity and during the activity itself.
- g) All pupils will be taught appropriate procedures when an accident or an incident takes place during a PE lesson. Pupils should stop activity immediately and sit on the floor as directed by the teacher in charge. In the event of an accident, pupils should report the incident to the teacher immediately and follow instructions as requested. In the event of an incident

involving the teacher in charge, one student should report the incident immediately to the school office if the teacher is unable to deal with the situation him/herself.

- h) Careful attention will be given to the preparation of the pupils for PE through safe and appropriate warm-up activities.
- i) No watches are to be worn for PE activities, long hair must be tied back and earrings must be taped down or removed (by the child) to avoid injury. Kharas are allowed to be worn at all times.
- j) All pupils are expected to change into different clothes for PE and extra-curricular sporting activities and to have footwear that is appropriate for the activity. Parents will be informed of the school's arrangements for PE clothing. Staff will also change appropriately for PE lessons.
- k) For swimming, pupils are encouraged to enter the pool with clean nose, hands and feet.
- l) Any child not participating in PE should have a written or oral request from a parent or guardian.

### Risk Assessment

The Health & Safety Committee is responsible for ensuring that a risk assessment on all areas used for PE is conducted on a termly basis and that the findings are recorded appropriately. All teachers conduct a visual risk assessment before every lesson and should report any concerns to the Health & Safety Committee.

A qualified technician will conduct safety checks on an annual basis on equipment used for physical activity.

Teachers will ensure before a PE lesson begins that the area being used is safe for the activity planned eg. free from protruding objects and that the floor is not slippery. Teachers will ensure that all equipment is in a good state of repair and of suitable size for the pupils using it.

Equipment will be stored in an appropriate location which provides convenient access. Gymnastics equipment should not encroach into the learning space.

## **10 Staffing and Staff Development**

Teachers are to be encouraged to attend relevant courses which are arranged by the local authority. The PE Co-ordinator will inform all staff of the courses available.

Where a specific skill or activity area is being taught, every effort will be made to support a teacher concerned about delivery.

Teaching Assistants and student teachers may not teach a PE lesson unsupervised.

## **11 Cross-Curricular Links**

As far as possible, the PE curriculum will provide opportunities to establish links with other curriculum areas. In particular we will endeavour to establish links between:

Citizenship: we will help pupils to respect, tolerate and value the views of others and of decision making through democratic processes. They will learn about their local community and the extra-curricular sporting opportunities available.

PSHE: all areas of the curriculum will aim to challenge the pupils, developing a feeling of personal improvement, a sense of achievement, a sense of learning something new and wanting to learn more, physical well-being, a wish to perform well with commitment.

Numeracy: in athletics, our pupils will be encouraged to improve their numeracy skills through measuring, time-keeping, judging distance and recording information.

Literacy: we will make a strong contribution to pupils' literacy development through the extensive use of speaking and listening skills, and through the use of specific terminology that can be applied in different environments.

Science: health and physical activity, the effects of exercise on the heart and the important role of physical activity in promoting an active lifestyle.

ICT: pupils will be encouraged to investigate skills through Internet websites as a way of improving performance in sporting activities. Before doing so, the class teacher will remind children about how to use the internet safely and refer to the poster on display. They will monitor and report e-safety incidents in line with the AUP (Acceptable Use Policy). Use of cameras to video children performing a skill to review back in the classroom. Children to assess and suggest improvements.

Music: dance will provide opportunities for pupils to gain an appreciation of wide-ranging styles of music which will reflect different cultures. Dance will also be used as a medium for pupils to explore issues concerning personal and cultural identity.

## **12 Out of School Hours Learning**

The school believes it is of great benefit to provide a rich variety of extra-curricular activities for the pupils. These activities are led by staff, parents and outside coaches before the school day, at the end of the school day or at weekends.

To enhance school curriculum opportunities, staff will provide a range of out-of-school hours extra-curricular sports and expressive activities. Details of these activities, which will change periodically, will be sent home to parents including information of extended opportunities available within the community when such information is available.

It should be understood that all of these activities (provided by staff) are organised on a voluntary basis by the teachers in their own time and the school is grateful to all those involved. Club activities are free for Pupil Premium children and a small cost is expected from all other participants.

Outside agencies that provide sports clubs for the children will only be used if they have DBS checked coaches. They are responsible for the registering, safety and financial aspect of their club.

### Aims

- To provide opportunities for pupils to further develop skills and interest in particular activities for enjoyment and for the future.



- To support and enhance the school curriculum, including enabling, extending and extension activities.
- To provide further opportunities for pupils to work together in teams, being mutually supportive.
- To help to provide a pathway for pupils into community sports clubs.

#### Transport to and from sporting events

Transport to and from sporting events may involve asking for parental help. Staff or parents driving children to such events away from school, however, must receive parents' permission.

#### Monitoring and evaluating

Out of school hours sporting activities are regularly monitored and evaluated by the PE Co-ordinator.

### **13 Adults other than teachers**

Adults other than teachers may be used within the school for one of the following:

- to assist or support a teacher in the delivery of an activity,
- to run a taster session or an out of school hours activity or club.

The use of adults other than teachers will be arranged by the PE Co-ordinator in liaison with the Head teacher. All such adults should be DBS checked. When an adult other than a teacher leads an activity, a member of the school staff must always be available. A designated member of staff will also be appointed to induct, monitor and evaluate the work of the adult, which should be reviewed on a termly basis.

External sports coaches will only be used in the school once professional qualifications have been presented to the school and a formal police check has been conducted and the individual has been approved by their national governing body and/or the local authority.

Parents are encouraged to support their children when they are involved in sporting activities outside the curriculum but their behaviour must be in accordance with the Local Authority Code of Conduct. Failure to abide by these rules will result in the individual being requested to leave the event.

### **14 Equipment and resources**

- All equipment for PE and out of school hours sports clubs is stored in the PE storerooms. The PE Co-ordinator is responsible for monitoring the stores although every teacher is responsible for ensuring the room is maintained in an efficient and tidy manner.
- The PE Co-ordinator is responsible for purchasing and maintaining equipment which should be budgeted for out of the annual PE budget. Teachers should make requests for equipment to the PE Co-ordinator.
- Teachers will teach pupils the importance of respecting the equipment that they use and how to use apparatus safely and effectively.

## **15 Sport Premium Funding**

The PE Co-ordinator will be responsible for the funding provided through the Sport Premium. She/he will use the funding to:

- Provide CPD opportunities for staff using external coaches to support PE lessons
- Organise Inspire Days to promote physical activity and encourage children to try new activities
- Purchase new equipment
- Provide any other professional development for PE Co-ordinator.